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THOUGH HIS LIFE WAS CUT SHORT, ACTOR LEAVES A STRONG LEGACY

PAUL WALKER'S BEST FILMS PAGE 23

Is Hamilton man a 'threat to Canada?'

RCMP arrest man, saying he planned to sell shipbuilding secrets to China PAGE 3

Ukrainians hurt in clash with police

Citizens defy ban on protest after government decides to halt deal with the EU PAGE 10

Monkey see, monkey flew

How NASA turned two of their astronaut monkeys into happy little people in the eyes of the public PAGE 14

NEWS WORTH SHARING.

Former Ornge CEO was always rolling in green

$9.3 million. Documents reveal high income over full six years, not just last two as earlier believed

Ornge founder Dr. Chris Mazza received $9.3 million in public money from the air-ambulance firm during his six years, according to new documents.

The accounting by Ornge, prepared for a provincial audit team, reveals Mazza was paid much more than previously known and details his entire compensation, not just payments in his last two years before losing his job as president and CEO in 2012.

By 2007, the second year Ornge was in operation, Mazza was already taking in $1 million, though that information was never disclosed to the public. Instead, the public was told through the provincial sunshine list that Mazza received $298,254.

The next year, the public lost sight of all payments to Mazza because a series of legal moves stopped almost all public disclosure by Ornge.

Throughout the Ornge controversy, provincial bureaucrats and various health ministers have said news in 2011 of Mazza's high salary — previously thought to have been high only in his last two years — was a complete shock.

The figures cited in the report include his salary, a medical "stipend," bonuses and some loans that he never paid off.

The new documents show that in Mazza's first full year as boss in 2006, he took in $869,354. By 2009 he was up to $1.3 million. In 2010 he took in $2.1 million and in his final year, 2011, $2.7 million.

The document notes the $1.2 million in loans provided to Mazza (one was for him to rebuild a house) and details the six interest payments he made, totalling just $7,375.

TORSTAR NEWS SERVICE

Not enough?

Ornge has gone to court seeking some of the money back.

- Dr. Chris Mazza has countersued, alleging he is owed an additional $1 million, made up of unpaid bonuses and accrued interest.

KNOCK-DOWN, DRAG-OUT

Falcons running back Steven Jackson gets tackled by Marcell Dareus as the Buffalo Bills take on Atlanta at the Rogers Centre on Sunday. It was a see-saw battle that went into overtime, with the Falcons prevailing 34-31. See story, page 33. CARLOS OSORIO/TORSTAR NEWS SERVICE

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Canadian attempted to deliver sensitive info to China: RCMP

'Threat to Canada.'
Qing Quentin Huang may have accessed vital shipbuilding details

Information security

"It's important to understand there is more to national security investigations than focusing solely on terrorism."
RCMP Chief Supt. Larry Tremblay

The RCMP have arrested a 53-year-old Hamilton man on charges of trying to provide classified information to China in what police called a "threat to Canada."

Police allege Qing Quentin Huang, who lives in the suburb of Waterdown, was attempting to pass on sensitive details involving Canada's national shipbuilding procurement strategy, which officials said could give foreign entities an unfair military, economic and competitive advantage.

The nearly $40-billion strategy involves building patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers for the Canadian Navy and Coast Guard over three decades.

Police wouldn't speculate on a potential motive, but said the act was not terrorism-related.

"The RCMP is not aware of any threat to public safety at this time," said RCMP Chief Supt. Jennifer Strachan, criminal operations officer for Ontario. Huang is charged under the Security of Information Act with communicating with a foreign entity information the government is trying to safeguard.

"It's important to understand there is more to national security investigations than focusing solely on terrorism," said RCMP Chief Supt. Larry Tremblay, director general of the force's federal policing criminal operations in Ottawa.

"It's about protecting Canadian interests and taking the steps we need to take to protect our Canadian sovereignty."

Huang, a naturalized Canadian citizen, is an employee of Lloyd's Register, a global risk management and assessment company acting as a subcontractor to Irving Shipbuilding Inc. He had attempted to get the documents to China through a contact at the Chinese embassy in Ottawa, police allege.

The accused has been employed as one of 20 marine engineers at the Burlington offices of Lloyd's Register since April 2006, said Bud Streeter, vice-president of marine management for the company's Canadian operations, who said he was "shocked" by the allegations.

Huang did not have the security clearance required to access classified documents relating to warships and his duties were limited to assessing commercial vessels, Streeter said.

TORSTAR NEWS SERVICE

Chief Supt. and Director General of RCMP Federal Policing Criminal Operations Larry Tremblay, and Jennifer Strachan, RCMP chief superintendent, criminal operations Ontario, announce details on the arrest of 53-year-old Qing Quentin Huang Sunday in Toronto. BERNARD WEIL/TORSTAR NEWS SERVICE

Doug Ford says the money he's donating is just "seed money."
STEVE RUSSELL/TORSTAR NEWS SERVICE

Doug Ford donations raise vote-buying concerns

Coun. Doug Ford's plans to personally donate cash to upgrade city parks have been praised for their generosity. They're also raising questions as an election year approaches.

The issue is "dicey," said Coun. Sarah Doucette, who has been raising money for High Park in her ward.

"It might, might, be seen as buying votes," Doucette said. "On the other hand, it's going to a very worthy cause."

Ford, brother of scandal-plagued Mayor Rob Ford, announced in July that he would donate $50,000 to help revitalize 10 parks around the city — $5,000 for each park.

That would be in addition to the $5,000 Ford gave to help with upgrades to Flagstaff Park in his Etobicoke North ward.

Ford repeated his $50,000 pledge this week while attending a community meeting in the Davenport ward of Coun. Cesar Palacio, a key player in the Ford administration who wants to improve the Geary Avenue Parkette and expand green space in the area.

In an interview, Ford said when he put up $5,000 for Flagstaff Park in his ward, corporate sponsors and the community got involved in the project.

"What I'm donating is really just seed money, that's all," he said.

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Environment and economy in harmony

Work in a Warming World. The two need not clash, say experts gathered at a weekend conference focused on the climate's impact on labour practices

It is a sticky wicket and Hassan Yussuff knows it.

The secretary-treasurer of the Canadian Labour Congress is talking about the labour force and its role in the environment, and Alberta's oilsands crop up — the much-disparaged oilsands that also provide employment to tens of thousands of people.

It's a conundrum.

"These things are never easy," says Yussuff. "But conflict is also unnecessary. We have been consistent in saying that we need to slow down the pace of development there … because of its incredible impact on the environment."

If workers can be assured that by slowing the pace of development, technology can be improved to limit the effect on the environment, he says, "they will recognize that change needs to happen. What they are not prepared to see is shut the industry down."

Yussuff was one of dozens of speakers at Work in a Warming World, a conference held at the University of Toronto's Woodsworth College from Friday to Sunday.

The conference brought together academics, environmental groups and trade unions to debate the impact of climate change on labour practices: How we work, what we produce and where we produce. The gathering was among the first of its kind.

A warmer planet directly affects postal workers, landscape workers, construction and sanitation workers, "and that means they need different kind of protection," says Carla Lipsig-Mummé, director of the conference. "These jobs will have to be done radically differently."

At the other end, global warming can wipe out jobs completely, she says.

A changing climate has made our lives more complicated, says Yussuff, but he adds it needn't be a struggle between jobs and the environment.

"There is potential to create thousands and thousands of well-paying green jobs.... There is transportation, retrofitting of homes, energy efficiency," he says. TORSTAR NEWS SERVICE

Deciding factors

How labour will change — and it is already changing — "depends on what climate you are in, (what) sector you are in, but also what actions are being taken by government in terms of regulating and by work groups like unions in terms of what they negotiate collectively for their workers," says Lipsig-Mummé.

The Darcys are doin' it for the kids

Toronto indie-rockers the Darcys, seen here at their high school, Richview Collegiate Institute, have spent two weeks crusading on behalf of music education with their newly launched Play in School campaign. The acclaimed quartet has done a half-dozen free shows and accompanying workshops, meet-and-greet sessions at high schools in and around the GTA. They wrap up with a show at Huron Heights Secondary School in Newmarket on Monday, but 10 more schools have signed on for their own Darcys dates in 2014.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Bob Chiarelli THE CANADIAN PRESS

Liberals look to curb electricity-rate increases

There will be a new focus on helping Ontario consumers better control their electricity costs when the Liberal government releases its long-term energy plan Monday, but the bottom line is rates will continue to increase.

Electricity rates in Ontario increased an average of 3.4 per cent each year since the Liberals were elected in 2003, slightly below the 3.5 per cent average for the previous 20 years, said Energy Minister Bob Chiarelli.

"Looking to the future, we expect that rates will continue to increase, but we have taken very significant steps to mitigate those rate increases," said Chiarelli.

"That includes taking $20 billion out of the rate base moving forward, which will have a significant reduction in the level of increases that we're going to see."

The $20 billion taken out of the system includes $15 billion for the government's decision not to build two new nuclear reactors and $3.7 billion in savings from renegotiating a green-energy deal with Korean multinational Samsung.

Those steps will more than offset the impact of the estimated $1.1-billion cost of cancelling gas plants in Oakville and Mississauga and relocating them to the Kingston and Sarnia areas, said Chiarelli.

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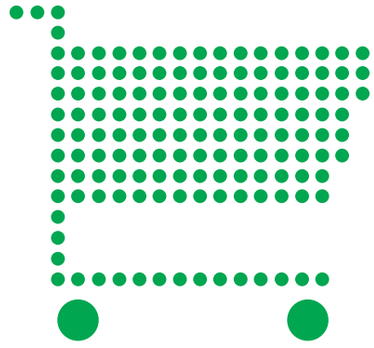

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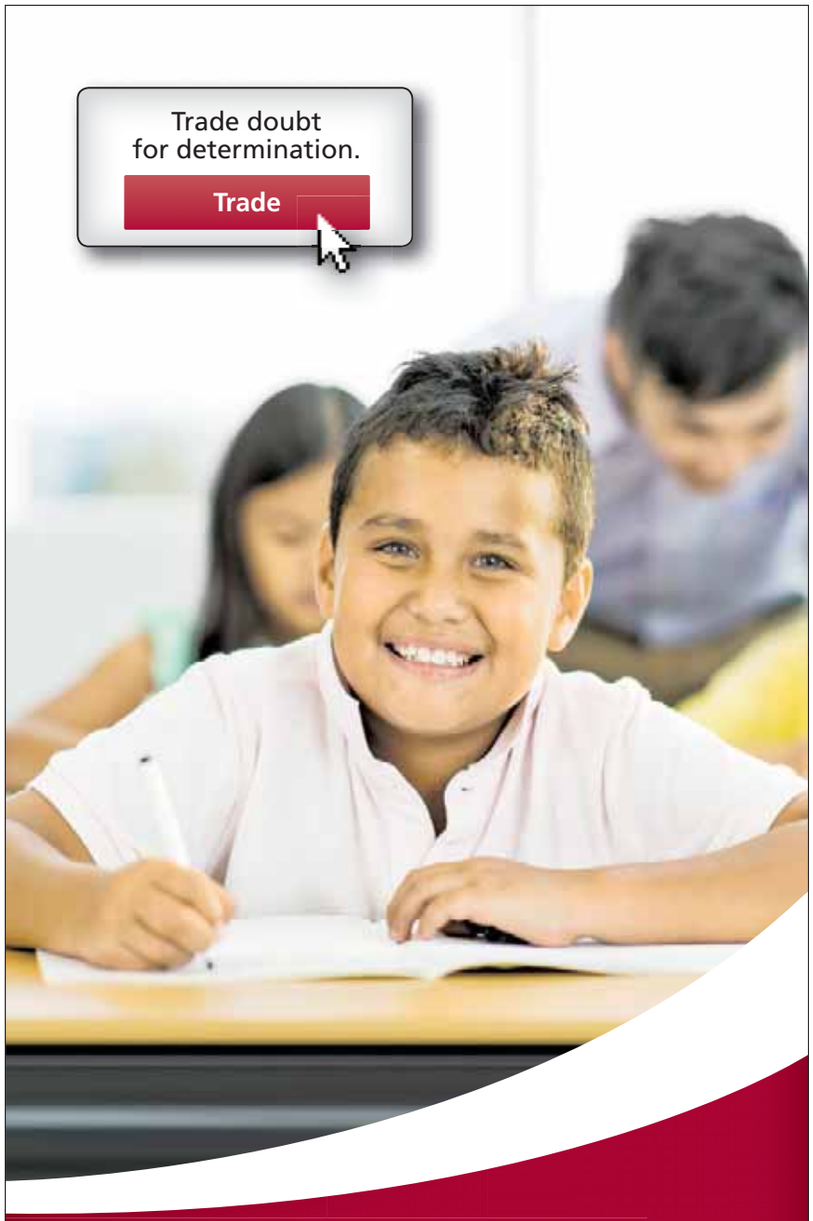

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The Truth About Pink: She's coming back

Pink brought her highly successful Truth About Love Tour to Toronto for a second time this year, selling out the Air Canada Centre for two more shows. Suspended by bungee cords, the athletic diva thrilled the crowd Saturday night, delivering an 18-song set that began with Raise Your Glass. After toasting the fans with her high-flying acrobatics, Pink joined her dancers on stage and with fan favorites like Blow Me (One Last Kiss). She is back at the ACC Monday night. TOM PANDI/FOR METRO TORONTO

Sobering stats in food bank report

Hunger. Report released on the eve of the 5th anniversary of Ontario's pledge to cut child poverty by 25% by the end of this year

The Ontario Association of Food Banks (OAFB) annual Hunger Report released Monday uncovers some unsettling findings about who is accessing food banks across the province.

More than 375,000 Ontarians turn to food banks every month and nearly half — 45 per cent — of all people who use food banks in Canada live in Ontario.

More than a third of those served were children under 18 years old (137,000), making children one of the largest groups. Post-secondary students and recent graduates in rural areas form one of the fastest growing groups, along with seniors. Only 0.4 per cent of those accessing food banks are homeless, while 65 per cent live in rental accommodations.

Although the overall number of food bank users this year is down from last year's record high of almost 413,000, it is still more than in 2008, when the global economic recession hit, the report says.

"Ontario has really been hit much harder than any other province by the loss of good-paying jobs that aren't coming back," said the association's executive director Bill Laidlaw. "It's a sad thing when you think close to 50 per cent of the food-bank users are now in Ontario."

The sobering statistics come on the eve of the 5th anniversary Wednesday of Ontario's pledge to cut child poverty by 25 per cent by the end of this year. The report also highlights the need to "put food in the budget," say anti-poverty activists who are staging a "Poor People's Inquiry" in Toronto this week (Dec. 3, 4 and 5) into whether Premier Kathleen Wynne is living up to her commitment to make social justice her "top priority."

The OAFB provides support to 127 Ontario food banks and more than 1,100 hunger relief programs. Along with feeding those in need, members provide a wide range of essential social services and skill-building programs.

To learn more about the report visit: www.OntarioHunger.com. For every $1 donated, the OAFB can source and distribute $8 worth of quality food to help a family in need. **METRO/WITH FILES FROM TORSTAR NEWS SERVICE**

The Changing Face of Hunger

- **16,294** Ontario households accessed food banks for the first time in their lives in March 2013.
- **Only 0.4 per cent** of those accessing food banks are homeless.
- **45 per cent** of food bank users are women over the age of 18.
- **65.2 per cent** of food bank users live in rental accommodations and **24.3 per cent** are social housing tenants, while **5.1 per cent** are homeowners.
- **One quarter** of food bank users are single-parent families.
- **Two-parent** families account for another **20.5 per cent** of those served.
- **10.3 per cent** of those served are couples with no children.

Source: OAFB

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Four dead after train derails in the Bronx

Cars from a Metro-North passenger train are scattered after the train derailed in the Bronx neighbourhood of New York, Sunday morning. EDWIN VALERO/THE ASSOCIATED PRESS

Deadly crash. Speed of the train one factor being investigated, authorities say

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Gov. Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said authorities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety Board were en route.

Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman Marjorie Anders said the big curve where the derailment occurred is in a slow speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90 metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the MTA said.

The train appeared to be going "a lot faster" than usual as it approached the curve coming into the station, passenger Frank Tatulli told WABC-TV.

MTA chairman Thomas F. Prendergast said speed was one of the factors authorities planned to investigate.

Passenger Joel Zaritsky said he was on his way to New York City for a dental convention.

"I was asleep and I woke up when the car started rolling several times. Then I saw the gravel coming at me, and I heard people screaming. There was smoke everywhere and debris. People were thrown to the other side of the train," he said, holding his bloody right hand.

Passengers were taken off the derailed train, with dozens of them bloodied and scratched, holding ice packs to their heads.

The Fire Department of New York said 130 firefighters had responded to the derailment.

The crash was reported by the engineer, and it wasn't clear if any other crew members were among the injured, the MTA said.

THE ASSOCIATED PRESS

Halifax. Company says bullying not a factor in employee's suicide

The president of Irving Shipbuilding is denying that workplace harassment played any role in the suicide of long-time shipyard employee Peter MacKenzie in Halifax earlier this week.

"No aspect of our investigation around Mr. MacKenzie involved bullying. None whatsoever." said Kevin McCoy.

Nearly 200 Irving employees in Halifax walked off the job on Thursday when they learned of their co-worker's death following what they described as months of bullying by management.

"He was singled out and harassed," said a shipyard worker who worked with MacKenzie for 25 years but asked not to be named. "We've had enough and it's as simple as that."

McCoy said management received no reports of bullying involving MacKenzie, adding that he recognized emotions ran high on Thursday.

"We take very seriously any complaints of harassment," he added. "There's no place for that in our shipyard."

MacKenzie had received a 30-day suspension due to what management described as issues to do with the daily safety inspections of his scaffolding.

Halifax police said they responded to a suicide call to a home in Eastern Passage, N.S., at 2:30 p.m. on Wednesday and found a 58-year-old man dead.

McCoy said Irving Shipbuilding has been cracking down over the past year ever since internal investigations uncovered reports of intimidation and threats in the shipyard.

Five of the seven Irving Shipbuilding employees who lost their jobs in the past year were let go due to workplace violence or threats of workplace violence.

GEORDON OMAND/FOR METRO IN HALIFAX

In a hurry. Man steals ferry because he wanted to go to West Seattle: Cops

Seattle police say a man was arrested Sunday after he allegedly stole a Victoria Clipper ferry boat and headed out into the middle of Seattle's Elliott Bay.

Sgt. Sean Whitcomb says the man did not have permission to be aboard the passenger ferry boat.

The boat was reported drifting about 300 yards from a pier on the Seattle waterfront at about 7 a.m.

Police say the U.S. Coast Guard and Seattle police were contacted when a tugboat was sent to retrieve it and a man was discovered on board.

SWAT officers eventually boarded the boat and arrested the man.

According to police, the man said he took the boat because he wanted to go to West Seattle. They're still trying to determine how he managed to commandeer the ship.

The Victoria Clipper provides ferry service between Seattle and Victoria, B.C.

THE ASSOCIATED PRESS

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Massive anti-government rally turns violent in Ukraine

Dozens injured in clashes with police. Around 300,000 take to Kyiv streets to demonstrate against president's refusal to sign deal with EU

Protesters clash with police guarding the presidential administration building in downtown Kyiv, Ukraine, Sunday. Around 300,000 demonstrators chased away police to rally in the centre of the city. Police allowed the rally to proceed peacefully, but when a few thousand protesters tried to storm the nearby presidential administration building, riot police drove them back. SERGEI GRITS/THE ASSOCIATED PRESS

A protest by about 300,000 Ukrainians angered by their government's decision to freeze integration with the West turned violent Sunday, when a group of demonstrators besieged the president's office and police drove them back with truncheons, tear gas and flash grenades. Dozens of people were injured.

The mass rally in central Kyiv defied a government ban on protests on Independence Square, in the biggest show of anger over President Viktor Yanukovych's refusal to sign a political and economic agreement with the European Union.

While opposition leaders called for a nationwide strike and prolonged peaceful street protests to demand that the government resign, several thousand people broke away and marched to Yanukovych's nearby office.

A few hundred of them threw rocks and other objects at police and attempted to break through police lines with a front loader. After several hours of clashes, riot police used force to push them back. Dozens of people with what appeared to be head injuries were taken away by ambulance.

Opposition leaders denounced the clashes as a provocation aimed at discrediting the peaceful demonstration and charged that the people who incited the storming of the presidential office were government-hired thugs.

Several opposition leaders walked over to Yanukovych's office to urge protesters to return to Independence Square. Order appeared to have been restored by Sunday night, with rows of riot police standing guard behind metal fences.

THE ASSOCIATED PRESS

Quoted

"Our plan is clear: It's not a demonstration, it's not a reaction. It's a revolution."

Former interior minister Yuriy Lutsenko, who is now an opposition leader

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Canada criticized over policy on info obtained via torture

Security. Government defends guidelines as principled response to threats of terrorism

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express concerns about the policy.

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

Secret directive

In preparing a response, Public Safety consulted CSIS, the Canada Border Services Agency and Foreign Affairs.

- The May 2012 reply to Janez Lenarcic, signed by Fredericka Gregory, pointed out that the 2010 directive had been expanded, giving CSIS the go-ahead to provide information to foreign agencies even when there is a "substantial risk" it will lead to torture.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's then-ambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

Janez Lenarcic, director of OSCE's Office for Democratic Institutions and Human Rights, wrote to the Canadian OSCE delegation to express concerns such a directive "would undermine the implementation of OSCE human dimension commitments and international human rights standards — in particular the absolute prohibition of torture and other forms of ill-treatment," said office spokesman Thomas Rymer.

Canada's then-ambassador to the OSCE, Fredericka Gregory, forwarded the letter to Ottawa, and the matter eventually landed on the desk of Lynda Clairmont, senior assistant deputy minister for national security in the Public Safety Department.

THE CANADIAN PRESS

Taking to the streets of Seoul for AIDS awareness

South Korean students pose in the shape of an AIDS ribbon during an event to promote awareness of HIV/AIDS Sunday in Seoul to mark the 26th commemoration of World AIDS Day. CHUNG SUNG-JUN/GETTY IMAGES

Senate scandal

Ex-PMO staffer's emails to be handed to RCMP

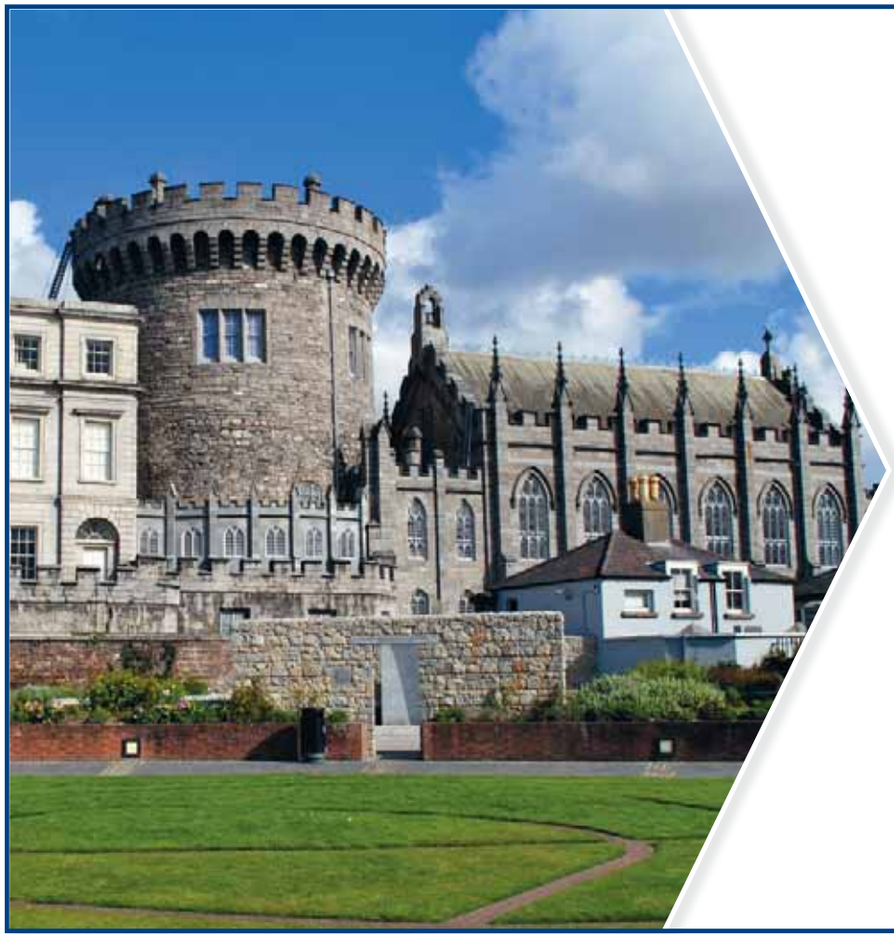
The federal government has notified the RCMP about a cache of emails belonging to Benjamin Perrin, former counsel for the Prime Minister's Office and a central figure in the Senate spending scandal.

The Privy Council Office says it was wrong when it said Perrin's emails were deleted, and will "immediately turn over these email records." THE CANADIAN PRESS

Egypt

Morsi supporters clash with police

Police fired tear gas to drive hundreds of supporters of Egypt's ousted Islamist president Mohammed Morsi from Cairo's famed Tahrir Square on Sunday, as a panel tasked with amending a constitution adopted during his time in office convened for a second day. THE ASSOCIATED PRESS



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Squirrel monkey Baker rode a Jupiter IRBM into space and back in 1959. Jupiter, AM-18 mission, also carried an American-born rhesus monkey, Able, into suborbit. Both monkeys were recovered in good condition. COURTESY NASA

How NASA made heroes of two monkeys

Anthropomorphism. Miss Baker and Able — astronaut 'heroes' of their day, 1959

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

When Miss Baker returned from space she became a media star, was given a bungalow and was married off, twice, to male squirrel monkeys — but she never fulfilled NASA's hope that she'd reproduce.

How NASA and the media anthropomorphized a pair of female space monkeys — one as a male military hero and the other as a housewife — in 1959 sheds light on how mythologizing astronauts can obscure real military and political goals for space exploration, according to a York University researcher.

In 1959, Baker, a squirrel monkey, and Able, a rhesus monkey, blasted off into outer space, survived and were recovered from the ocean by the American navy.

Jordan Bimm's paper argues the primates, which were originally seen as tools and chosen for their physiological similarities to humans, were imbued with human traits upon their return, revealing more about us humans than the monkeys.

Baker in a bio-pack couch being readied for Jupiter (AM-18 flight). COURTESY NASA

"They were on the cover of Life Magazine in front of an American flag and presented as these pilot hero figures," he said.

But four days later, Able died during a medical procedure and her body was stuffed and put on display at the Smithsonian.

The display was gendered in a way that transformed Able into a caricature of the masculine Cold War era, Bimm said.

"Able died during military service, in a military hospital in connection with a rocket flight. To make that make sense to the American public circa 1959 they sort of warped her into a male," Bimm said.

Baker, however, survived for a long time afterwards and Dr. Dietrich Beischer of the Navy's Aviation Medical School at Pensacola was primarily responsible for casting Miss Baker as a housewife.

"He also gave her a habitat, which he called a bungalow..." said Bimm.

Different times

In 1959 NASA conducted a test of about 20 female pilots who were judged to be equally as competent as men. But they were ruled out for space flight because of menstruation.

- In 2009's Night at the Museum: Battle of the Smithsonian, Able, a female rhesus monkey, was portrayed in a character opposite actor Ben Stiller as a male monkey military hero.

New method for testing pot for contaminants

Marijuana. University develops process to detect contaminants using DNA profiling and analysis

A marijuana leaf covered with mould seen at 10 X magnification.
NEW HAVEN UNIV./THE ASSOCIATED PRESS

The microscope at the University of New Haven, set at 10-times magnification, shows a marijuana leaf covered with dozens of tiny bumps. It's mould, and someone, somewhere could be smoking similarly contaminated pot and not have a clue.

Heather Miller Coyle, a forensic botanist and associate professor, says all sorts of nasty things not visible to the naked eye have been found in marijuana — mould, mildew, insect parts, salmonella and E. coli, to name a few. That's why Coyle and her students earlier this year began developing a new process to detect contaminants in marijuana through DNA profiling and analysis. The aim is to be able to identify potentially harmful substances through a testing method that could make the analysis easier and quicker for labs across the country in the developing industry of marijuana quality control testing.

Twenty U.S. states and Washington, D.C., now allow medical marijuana with a doctor's recommendation, and Washington state and Colorado have legalized recreational pot use. Connecticut and Washington state already require testing and other states are doing the same.

"If there's no certification ... it's like saying we don't check our meat for mad cow," Coyle said. THE ASSOCIATED PRESS

Shifting support

Liberal core constituency returns: Pollster

The battle lines for the next federal election could very well be taking shape as a new poll suggests Justin Trudeau's Liberals have solidified their lead.

Taken in the aftermath of the byelections, The Canadian Press-Harris/Decima survey indicates Liberal support is at 34 per cent, down slightly from the 37 per cent recorded the week before. The Conservatives are hovering at 26 per cent, while the NDP is at 24 per cent.

Pollster Allan Gregg says the latest numbers not only reinforce the split byelection results, but demonstrate a significant shift is underway in Conservative and Liberal support.

"The Liberal core constituency is coming back to where they always were and ... you've seen a fairly significant erosion of the Conservatives' core constituency," said Gregg.
THE CANADIAN PRESS

Survive them! – A contest

A zombie walks the streets during a Zombie Survival contest on Sunday in Alameda de la Sagra, near Toledo, Spain. During the contest, participants have to avoid getting touched by zombies and find all clues to survive. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

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Moises Queralt, a clown from Mabsutins, acts weak as a Syrian refugee child in a karate uniform pulls his arm. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Clowns bring smiles to refugee kids

Jordan. A Spanish group affiliated with Clowns Without Borders delights kids in a windy refugee camp called Zaatari

One glowing face at a time

"Our goal was to bring a smile to the faces of the Syrian refugee children who suffered as a result of the war."

Said Moises Queralt, a Spaniard who performs under the name Peixoxo.
Queralt performed as the cartoon character Pinocchio, complete with long nose.

At Zaatari a sprawling desert camp in Jordan, home to thousands of children who fled Syria's civil war, a few found a moment to smile Sunday watching a troop of clowns.

Five European comedians working for Mabsutins, a private circus and clown group in Spain affiliated with the U.S.-based group Clowns Without Borders, performed for some 60 children. More than 100,000 people live at the wind-swept camp, only 16 kilometres from the Syrian border, and for the children lucky enough to see the performance, it helped them forget about the challenges they face.

"It was (the) best thing I have seen in my life," said 10-year-old Rana Ziad, who fled from her restive southern border town of Daraa with her parents and six brothers and sisters a year ago. "It was very much fun and I loved it."

More than two million Syrians have fled their country's civil war, now in its third year, seeking shelter in neighbouring countries such as Jordan, Lebanon, Turkey and Iraq.

At least half of the refugees — 1.1 million — are children. Of those, 75 per cent are under the age of 12, according to the United Nations refugee agency. The one-hour clown show Sunday was the first of its kind in the Camp. THE ASSOCIATED PRESS

Croatia

Gay marriage to be banned following a vote

A majority of Croatians voted in a referendum Sunday to ban gay marriages in what is a major victory for the Catholic Church-backed conservatives in the European Union's newest nation.

The state electoral commission, citing near complete results, said 65 per cent of those who voted answered "yes" to the referendum question: "Do you agree that marriage is matrimony between a man and a woman?" About 34 per cent voted against.

The result meant that Croatia's constitution will be amended to ban same-sex marriage. The vote has deeply divided Croatia. THE ASSOCIATED PRESS

Peak attack

Summit for Our Sisters reaches top of Mount Kenya

Two Lake Tahoe-area women have completed a rain-soaked climb to the summit of a 4,900 metre mountain in Africa in the name of women, business and the environment.

Meghan Kelly and Jennifer Gurecki dubbed their expedition to Mount Kenya "Summit for Our Sisters." Their hope was to inspire others to work to empower women. They also wanted to bring attention to climate change and promote the launch of their new ski and snowboard company in Stateline. They said they were plagued by heavy rainfall but thrilled to zoom down a glacier on skis and boards after reaching the summit. THE ASSOCIATED PRESS

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turn for great deals

Scottish emergency workers remove a rotor blade from the roof of The Clutha bar in Glasgow Sunday as they sift through wreckage of a police helicopter that crashed into the crowded pub. SCOTT HEPPELL/THE ASSOCIATED PRESS

Helicopter crash toll could rise: Officials

Scotland. Aircraft was on a police operation and returning to Glasgow when it crashed into pub, officials said

Scottish officials said Sunday there may be more fatalities from the deadly helicopter crash in Glasgow. Eight deaths have been confirmed so far.

Scotland's First Minister Alex Salmond told the BBC on Sunday that of the 12 people still hospitalized, three are in intensive care but they are in stable condition.

The helicopter crashed into The Clutha club in Glasgow on Friday during a concert.

Emergency officials are still searching the crash site for bodies while working to remove the aircraft's wreckage.

"This is a painstaking process which we expect to take some time," said Deputy Chief Constable Rose Fitzpatrick. "Until we remove the helicopter we cannot be sure what we will find."

Investigators also are looking into what could have caused the helicopter to go down. THE ASSOCIATED PRESS

Official holiday

The Clutha, a popular Glasgow pub, was filled with revellers enjoying a local ska band on Friday night, the eve of St. Andrew's Day, named for the patron saint of Scotland.

- Scotland's official holiday is normally a celebration of Scottish culture and heritage.

State TV report

HIV cases in Iran up dramatically

Iranian state television says the number of HIV-positive citizens in the country has risen by 80 per cent annually over the last decade.

The report said number of registered HIV-positive citizens is about 27,000, though estimates suggest there are some 100,000 people infected in Iran.

It said a third of those infected said they contradicted the virus through sexual intercourse, while the rest got it from using infected syringes. THE ASSOCIATED PRESS

Tuscany. Seven killed in blaze at Chinese-run garment factory in Italy

A fire Sunday swept through a makeshift dormitory in a Chinese-run garment factory in Tuscany, killing seven, Italian firefighters said.

The fire broke out in a raised loft where 11 people were sleeping, said fire inspector Stefano Giannelli.

The blaze, which partially collapsed the factory's roof, was under control by midday, but the cause was not yet known, Giannelli said.

The Tuscan city of Prato has become a centre for Chinese-run factories producing garments for international retailers. Many of the workers are not declared to authorities, sleeping, eating and living in the factories where they work. However, many of the businesses operate legally. THE ASSOCIATED PRESS

Quoted

"This is the largest concentration of black-market labour in ... probably all of Europe."

Tuscany's regional governor Enrico Rossi, on the thousands of businesses that have sprung up over the last decade.

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Giving Tuesday taps into holiday spirit

Suffering from a shopping hangover? The perfect cure could be giving back via a new philanthropic movement

PHOEBE HO
toronto@metronews.ca

Black Friday and Cyber Monday are all about getting, while Giving Tuesday is all about giving back. GETTY IMAGES FILE

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart Giving Tuesday, a day devoted to philanthropy and is described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y and supported by the United Nations Foundation, has already seen immense success, attracting over 2,500 partners to take part in its first year. Now, a group of Canadian organizations are hoping to hoping to build on that momentum.

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect.

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own.

So far, over 1,000 charities, partners, and organizations — including Big Brothers Big Sisters of Canada, Autism Canada Foundation, Cancer Research Society, and many more — have already signed on to participate in its first year.

"We didn't know what to expect," she said.

"This is a movement, there is nobody controlling this, there is no budget, and this is really how it spread in the States ... I love the idea here because I think it's very appropriate to remind people that we're all connected and we should celebrate giving."

On Dec. 3, many Giving Tuesday partners will be hosting events and donation drives to raise money for various charities.

November and December are known as the peak season for donations, with roughly 50 per cent of all donations of the year made during that period, said Glogovac.

Whether it's for cultural or spiritual reasons, and sometimes even practical due to the year-end tax deadline, she's hoping the day will become a longstanding tradition amongst Canadians.

"Nobody signed up retailers for Black Friday," she said.

"We hope one day it will be as natural for people and retailers and businesses to really think of Giving Tuesday."

Giving Tuesday

"I love the idea here because I think it's very appropriate to remind people that we're all connected and we should celebrate giving."

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday

Social media movement

A day that's good for the community

Giving Tuesday was a no brainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has been helping children find positive role models in the community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organizations such as ours ask for donations at a time of the year where people tend to want to be giving back."

This year, BBBSC will be promoting the day through social media in hopes of getting people to donate time or money to help them "continue to give the gift of mentorship" for the thousands of children who are waiting to be matched with a mentor. PHOEBE HO/FOR METRO

EGLINTON CROSSTOWN

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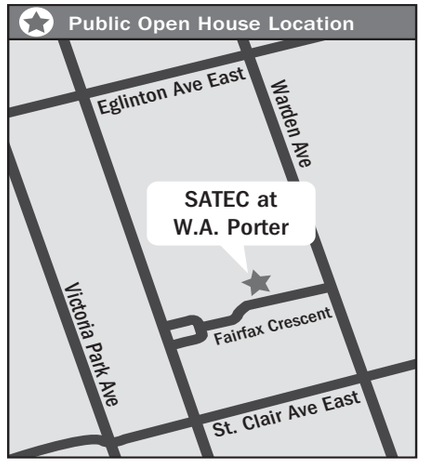
Kennedy Station Design Update Meeting

Rapid and reliable transit is coming to the centre of Toronto. The Crosstown will move Torontonians to work, school and play faster than ever before – reducing travel times and enhancing our economy and our environment. The Crosstown will run along Eglinton with more than 10 kilometres underground, making transit travel up to 60 percent faster than today.

Metrolinx invites you to attend a meeting for information on the preliminary station and stop designs for the Eglinton Crosstown project. Specifically, the station design concept for the Crosstown Kennedy Station, including the mobility hub study, will be presented. As well, the surface stop design concepts and surface alignment from Bermondsey to Kennedy will be available for review.

Date: Wednesday, December 11, 2013
Time: 6:30 p.m. to 9:00 p.m.
Location: SATEC at W.A. Porter Collegiate Institute
40 Fairfax Crescent, Toronto



The meeting will be open house format with an opportunity to view displays and speak one-on-one with staff.

We look forward to seeing you there.

For more Crosstown information:

Visit the Crosstown Community Office at 1848 Eglinton Avenue West (at Dufferin)

Email: crosstown@metrolinx.com
Tel: 416-782-8118
TTY: 1-800-387-3652
Web: www.thecrosstown.ca

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LET'S END ROB FORD'S WAR ON MATH

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

At Toronto City Hall last week, Deputy Mayor Norm Kelly argued that the city's budget process isn't the "appropriate place for sloganeering." Instead, he said, let's try for "rational and reasonable debate."

It's a nice thought, but probably not a realistic one. People like slogans — who doesn't remember "stop the gravy train"? — and Mayor Rob Ford has a truckload of 'em.

What might be more plausible is for opponents to counter Ford's slogans with slogans all their own.

I've come up with one. It's important and timely. It even cribs from a slogan Ford came up with during the last election.

It goes like this: Let's end the war on math.

Because, seriously, something has got to give. Last week, Ford approached the city's $10-billion operating budget with comments that were a million miles away from basic arithmetic. He offered no specifics, and nothing resembling a plan. At times, the mayor seemed actively hostile to real-world numbers and data.

The problem isn't that Ford wants low taxes. The problem is that he has no idea how to deliver them. By virtue of mathematics and Toronto's legal requirement to deliver a balanced budget, any tax reductions need to be offset by cuts to spending.

There's no magic there. There's just math.

For Toronto's 2014 budget, setting the residential property tax increase at 1.75 per cent instead of 2.5 per cent, as Ford wants to do, creates a $19-million hole. Cutting the land transfer tax by 10 per cent would mean another $35-million or so in cuts. Freezing TTC fares adds another $23-million in costs that need to be balanced.

All told, the budget Ford is pushing for would create a gap between expenses and revenues of up to $77-million. The mayor isn't proposing lower taxes — he's proposing a deficit.

The numbers are the numbers. They're not matters of opinion. Any politician who says that they can deliver lower taxes or new investment without specifically addressing how they'll make the numbers work is waging a war on math.

Ford isn't alone in this. In the transit debate led by Metrolinx earlier this year, elected officials across Ontario seemed to struggle with the notion that spending $50-billion on public transit requires $50-billion in revenue. They even hired an advisory panel to see if there's a way to make that fact less true.

And stay tuned for next year's Toronto mayoral election, where candidates of all stripes will promise lower taxes and major infrastructure like subways with only the vaguest of numbers behind their proposals. The actual budget math, of course, will come later — or maybe never. The war on math will continue.

Or maybe we could just finally tell politicians that we've got no time left for numbers that don't add up.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Are you saying there's a party in the 'Peg?

JOHN WOODS/THE CANADIAN PRESS

Anchorman says city named after a bunny

Will Ferrell, wearing his trademark Ron Burgundy moustache and Anchorman outfit, helped open the Canadian Curling trials in Winnipeg Sunday at the 2013 Roar Of The Rings. He even tried his luck on the ice and then donned a kilt to the delight of fans. He met with reporters where he said the name Winnipeg was Latin for the small tundra bunny who lives in the hole on the hill.

The winners of the championship will represent Canada at the Sochi Olympics.

THE CANADIAN PRESS

Ferrell commentates for Olympic qualifier

Ferrell was in town to help promote Anchorman 2: The Legend Continues, due in theatres Dec. 20.

As for curling jargon, he said he knows what "hurry hard" means but uses it mostly when he's stuck in traffic to get the driver in front to start moving.

He joined TSN curling broadcaster Vic Rauter to comment on part of the opening draw, and fielded questions such as, what can you bring to the sport of curling? To which he replied, "I can bring a certain amount of dignity and class." THE CANADIAN PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it, though be advised that these shenanigans technically break the Netflix terms of use.

CONTRIBUTED

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.net:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however — the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflix, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

Twitter

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SensibleBC it's time to change these outdated laws for so many reasons

@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal orgs

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's..Legalize iy..Lol

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Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise

NED EHRBAR
Metro World News in Hollywood

Paul Walker, 40, is survived by his 15-year-old daughter, Meadow. THE ASSOCIATED PRESS

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic '90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon Haiyan.

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost their lives."

Walker's fame rose with a string of hits in the late 1990s, before he took his place alongside Vin Diesel as the lead in the Fast and Furious franchise in 2001.

The seventh instalment of the franchise had begun shooting in September, with a planned release date of July 2014.

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire … he was trying to save his friend … there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in Peace."

Walker is survived by his 15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Hawaii.

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's investigating.

Fast Five (2011): The street-racing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Walker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

WITH FILES FROM METRO NEW YORK AND METRO TORONTO

Alexa Davalos in a scene from Mob City. DOUG HYUN/TNT/THE ASSOCIATED PRESS

Snappy patter and tough dames: Mob City evokes film noir classics

TV. Alexa Davalos says she happily donned seamed stockings and garters to appear in a series about post-Second World War L.A.

Alexa Davalos has handled her share of rough-and-tumble action in movies including The Chronicles of Riddick, The Mist and Clash of the Titans.

But in TNT's new series Mob City, the actress takes on the sophisticated nuances of film noir, in which come-hither glances and snappy patter are as key as the gunfire.

Davalos plays Jasmine Fontaine, a woman trying to keep her footing in a post-Second World War Los Angeles that's the dangerous turf of mobsters including Ben "Bugsy" Siegel (Ed Burns) and Mickey Cohen (Jeremy Luke), and the police waging war against them.

The drama series from writer/director Frank Darabont (The Walking Dead, The Shawshank Redemption), which debuts Dec. 4 for a three-week run, enthralled Davalos from the moment she read the first script.

It's evocative of such classic noir films as The Big Sleep and Double Indemnity, and so is the Paris-born Davalos' performance, which recalls sultry, tough-dame turns by Lauren Bacall and Barbara Stanwyck. The 31-year-old actress discussed the genre and her character in a recent interview.

Did you have a passion for the noir genre before doing the series?

My grandfather is an actor (Richard Davalos, East of Eden), so I grew up watching all the films from that time period. I've always felt like I was born in the wrong era.

How would you describe your character, Jasmine?

She's a woman of that specific generation and all that entails. During the war, we know that women took on a lot of men's roles, and when the war ended and men came back, women were sent into a different space. I feel like Jasmine held on to that taste of individuality that she had.

The period costumes are beautiful. Were they fun to wear?

I miss it. I miss the garters, I miss the stockings, I miss every little element. I was given the choice, do you want to wear pantyhose, and I said no, no, no. I want to do the whole thing, top to bottom, the seamed stockings and all. Our costume designer, Gigi (Giovanna Ottobre-Melton), is an out-of-control wonder, and she tailor-made things for me, cut patterns from the 1940s and did it herself.

What do you look for in a role, and did you worry about being typecast as a sci-fi or fantasy actor early on?

We all do a few things that you kind of look back on and think, no one will remember that; that will be fine. It's being young and finding your way with everything. The older I get, for me it's about fear. If I read something and it scares the hell out of me, that's what I want to do. If it's a challenge and a massive risk and I'm going out on a limb ... those are the ones I want. And they are few and far between. I don't work very much because I'm very specific about what I want to do.

What other projects have you done recently?

I did a little film called Nina, a small role. I played a French girl who was a nurse to Nina Simone. Zoe Saldana plays Nina.

What music do you listen to?

Sidney Bechet. I'm an old-timey gal. I have my grandad's record collection, which I treasure, and my father's — The Rolling Stones to Sidney Bechet. THE ASSOCIATED PRESS

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Review

The Book Thief: Enhanced Movie Tie-in Edition

By Markus Zusak

Kindle/iBooks

MIND THE APP
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During a life made arduous by Nazi rule, a girl uses stolen books to tell her tale. It's an unflinching account, very coarse in detail, but surprising in its warmth. This special edition weaves clips from the film into its pages, without being intrusive, and has a rewarding Q & A with author Markus Zusak waiting at the end.

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Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila Kunis pregnancy rumours continue to swirl

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumours lately, with Kunis wearing suspiciously baggy clothing and Kutcher having less patience than usual with the paparazzi. "They want to have a baby now, and it's far more important to them than getting married," a source tells Radar Online.

And at least one thing is for sure: That baby will be Jewish.

"Even if (Ashton) doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family. "Think Coney Island-style Russian immigrants," the source says. "They want Jewish babies, and Mila wants to give them to her family. Tradition is very important to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

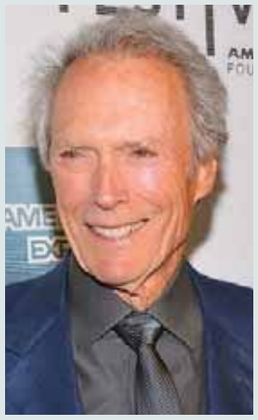
The Word

Clint probably told him to 'get off my lawn'

STARGAZING
Malene Arpe
scene@metronews.ca

Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose



were playing. And what is wrong with "Bob" and "Jim?"

Vin Diesel teases that Ang Lee will direct him in the Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."

Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.

Sharon Osbourne.

Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience?

"Having my vagina tightened," Osbourne says of the procedure.

"It was just excruciating."

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Who needs the crowds?

Shopping from home.

Online sales continue to rise as people surf for holiday deals

Discounts

- According to a Visa Canada survey, more Canadians will be checking online deals for sales and also avoiding crowds. Almost 50 per cent of Canadians will shell out between $100 to $499 on online shopping. Some 31 per cent will use debit cards, believing it will help them stay on budget.
- An Ipsos Reid survey showed that nearly 44 per cent of Canadian online shoppers are going to take advantage of online discounts, a 10 per cent increase compared to 2012.

According to a Visa Canada survey, more Canadians will be checking online deals for sales and also avoiding crowds. GOODLUZ/SHUTTERSTOCK

Despite the shortest U.S. shopping season since 2002, Adobe predicts record growth for online sales on U.S. Thanksgiving with $1.1 billion (all prices quoted in U.S. dollars) and Black Friday with $1.6 billion, increases of 21 and 17 per cent, respectively.

An Adobe survey done in conjunction with this year's Digital Index Online Shopping Forecast shows that consumers are motivated to shop online primarily by the search for good deals, followed closely by the allure of free shipping. The survey is based on input from 400 consumers who plan to spend at least some of their budget online this year. Survey results and additional predictions from the report include:

Mobile: Mobile optimized retailers will transact more than 20 per cent of their sales via smartphones and tablets, a 47 per cent increase year-over-year. The average retailer can expect only 14 per cent of mobile-driven online revenue, a 40 per cent increase. Mobile devices will be leveraged even while consumers are in a retailer's physical store, with nearly four in 10 consumers reporting that they have shopped online while in a store.

Social media: While Adobe is predicting that only two per cent of purchases will come directly from social media sites including Facebook, YouTube, Pinterest and Twitter, social media continues to play a more significant role earlier in the purchasing journey. About 36 per cent of consumers stated that they will turn to social media when making their purchase decision.

Spending: The majority of consumers expect to spend the same amount in 2013 as they did last year, but online shopping continues to take a bigger share. METRO NEWS SERVICES

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Aromatherapy

Lavender makes it better

Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my juuuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse.

Lavender is natural and has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell. I know. I'm a genius. **KAT INOKAI, YUMMYMUMMYCLUB.CA**

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Confessions of a regular mom

Keeping it real.
Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS
YummyMummyClub.ca

Sometimes it's OK to order pizza, not the healthy whole wheat crust type either. ISTOCK

Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his pyjamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.

So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.
One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.
My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French, who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay for it.
A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into total-meltdown-screaming-kicking-tantrum-craziness on the front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.
We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD**

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Salad that's hearty enough to stand up to the cold

ROSE REISMAN
For more, visit rosereisman.com
Follow her on Twitter @rosereisman

This recipe serves six. ROSE REISMAN

Ingredients

- 2 1/2 cups low-sodium vegetable stock
- 3/4 cup dried yellow lentils
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions (whole onion)
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced reduced fat feta cheese
- 6 large grilled shrimp

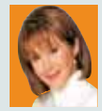
This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.

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Get cracking when it comes to the quota

Meet the moola standard. Tips on becoming a top seller when your position includes an expensive expectation

ROSIE HALES
TalentEgg.ca

"Quota" and "commission" can be two scary words if you're new to the retail world, but they don't have to stay that way!

Sales quotas and commissioned sales are just two ways you can maximize the experience you have at a retail job and get rewarded for your hard work.

First things first, let's get some terminology out of the way.

A sales quota is the minimum sales goal for a set amount of time. Your sales quota could be either a monetary goal (i.e. "By the end of this week, we'd like you to make $500 worth of sales.") or a product goal (i.e. "By the end of this week, we'd like you to have sold two coffee machines, 25 boxes of filters and three thermal mugs.").

The amount of time for a sales quota can differ, too.

You might be asked to make your quota by the end of one shift, the week or a fiscal quarter. If you fill your sales quota then there may even be the chance of a reward!

Commission is a reward you get for selling products. Often you'll hear people saying, "I work on commission." This means that salespeople will often be incentivized to makes lots of great sales by getting paid for each sale they make.

Commission is often calculated on the basis of a percentage of the retail value of goods sold.

Here are four tips for becoming a great salesperson and making commission-based work and sales quotas work for you!

Educate yourself

To be able to sell products, you've got to have some solid knowledge to impart to customers. Make sure you know the top three to five products that your company sells and learn their main selling points. Then, pick a few other products in the store and become the resident expert.

Identify your target customers

In order to sell effectively, you need to be able to relate to your customers. Understanding their priorities and preferences in terms of style, cost and quality will help you direct them to goods that they'll be more likely to purchase — and be more satisfied with in the long run.

Give customers space to make their own decisions

Don't try to push a customer in the direction of a product they don't really want. If a customer is looking to buy a product that you genuinely believe is wrong for their needs then suggest a different one that you think might suit them better. Support their final decision — they're more familiar with their own needs than you are.

Do your research: The more you know about the product you're pushing, the more you'll be able to sell. ISTOCK

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Set your own sales goals

- **If you're making sales goals with no difficulty, then why not set higher goals for yourself?** Each week you could try to improve on your quota by $20 or by selling three products you've never sold before
- **It's worth a try if you want to impress your manager!**

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'Round the world wisdom

Facing adversity? Laughter gives you wings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming.

Later, we had to cross the river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. I looked to see what had happened to the other runners, and sure enough, I saw my reflection. Most seemed upset, angered at having been put through this. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

Right then and there I made a promise to myself, one that still persists today: laugh out loud at every unpleasant surprise. From there, I encountered hundreds more obstacles: sand, heat, blisters, pain…and that was just the beginning!

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall! More important, the physical pain of running was trumped by the laughter: it felt easy.

When you appreciate the humour in life and let laughter in, obstacles assume less power and more opportunity. When have you last tried to counter adversity with laughter?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Helping low-income learners aim higher

A guiding hand. Counseling can help students seek out schools they may not have considered

JULIA WEST
Metro World News

A study by the U.S. National Bureau of Economic Research earlier this year found that low-income students who were high academic achievers were not applying to competitive post-secondary schools. The study also revealed — perhaps unsurprisingly — that with the help of intensive counseling, students may be more likely to apply to these schools.

Though the study highlighted this problem, it found that many professionals were already aware of the benefits of hands-on intervention in the education paths of disadvantaged youth. "There has been a great deal of research done over the years that shows that one of the main reasons low-income students tend to attend less selective colleges than they are suited to stems from a lack of information," explains Thyra Briggs, vice president of admission and financial aid at Harvey Mudd College in Claremont, CA.

Essentially, students are unaware of the support, both financial and otherwise, available to them. "College counseling can help students understand that colleges with a high price tag often have greater resources for aid," says Briggs. "In this process, access to information is everything."

Ann Marano is the director of the College Bound Initiative program at the Texas-based Foundation for the Education of Young Women. She knows the value of empowering potential students with greater knowledge about the application process. "Students may not understand the 'language' of it all — how to start a college search, the college application process and that financial assistance is available," Marano says.

Generational gap

Dr. Ann P. Garber, independent counselor and president of Garber Academics:

- "For several reasons, including immigration trends, there is an unprecedented number of first-generation applicants, students whose parents did not attend college. They grow up without hearing about their parents' college experiences. Without that knowledge to back them, and without proper assistance, it's no wonder some very capable students struggle with the application process."

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Sports in pictures

1 **Golf.** McIlroy gets first win of 2013

Rory McIlroy birdied the 18th hole to beat Adam Scott at the Australian Open on Sunday, winning for the first time in 2013 and denying Scott the Triple Crown of Australian golf. THE ASSOCIATED PRESS

2 **Skiing.** Vonn delays surgery

Lindsey Vonn is delaying further surgery on her partially torn right knee ligaments for as long as possible in hopes of skiing at the Sochi Olympics.
THE ASSOCIATED PRESS

3 **Skiing.** Aksel drops hammer in Lake Louise

Aksel Lund Svindal of Norway won the men's World Cup super-G on Sunday.

It was the third straight super-G win for Svindal in Lake Louise, Alta., after victories in 2012 and 2011.
THE CANADIAN PRESS

Bumblin', fumblin' Bills fall to Falcons

NFL. Atlanta takes advantage of late turnovers to win in OT; Buffalo drops to 1-5 in home games played at Rogers Centre

Safety William Moore helped the Atlanta Falcons snap an ugly five-game losing streak and added to the Buffalo Bills' misery in Toronto.

Moore's forced fumble in overtime set up Matt Bryant's 36-yard field goal that earned Atlanta a wild 34-31 win over Buffalo on Sunday. It came after Moore's key fumble recovery in regulation that allowed the Falcons to run out the clock.

"It's just something I always want to do, run to the ball and be a playmaker," he said. "It's easy for a team that's 2-9 to lay down in overtime but we didn't do that."

Buffalo (4-8) fell to 1-5 during the regular season at Rogers Centre as part of the Bills Toronto Series, which began in 2008 and was renewed in January for another five years. The Bills are 0-4 in December contests here.

Atlanta's possession in overtime started at the Buffalo 47 after Moore stripped the ball from Bills' tight end Scott Chandler and it was recovered by Robert Alford, who lateralled to Desmond Trufant. The Falcons (3-9) drove to the Buffalo 17, setting up Bryant's game-winning boot before a series-low Rogers Centre gathering of 38,969.

Robert McClain, back, of the Falcons strips Bills receiver Stevie Johnson of the ball on Sunday at Rogers Centre. RICK STEWART/GETTY IMAGES

On Sunday

Falcons	Bills
34	31

Atlanta forced overtime with Steven Jackson's one-yard TD run — his second score of the game — with 1:28 remaining in regulation. It came after Buffalo's Nickell Robey was called for pass interference in the end zone.

Buffalo took over at its 24-yard line and was driving when E.J. Manuel hit Stevie Johnson with a completion. But Johnson was stripped of the ball and Moore recovered, allowing Atlanta to run out the clock for the series' first-ever overtime game. THE CANADIAN PRESS

Not at cost of CFL

Little appetite for NFL team in Canada, poll finds

An overwhelming majority of Canadians don't want an NFL team in Canada, especially if it means the demise of the CFL, a survey suggests.

Forty per cent of 1,007 online participants said they didn't want an NFL team in Canada at all while another 41 per cent added they'd welcome an NFL franchise in this country only if it co-existed with the CFL. The survey, released Sunday, was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge, and pollster Angus Reid Global.

"They'd have to co-exist, that's the simple bottom line," Bibby said in a telephone interview. "Compared to 1995, if anything, that viewpoint seems to have solidified.

According to the survey, since '95 Canadians have become more insistent that they'd only want the NFL here if the CFL continued to exist (41 per cent versus 32 per cent). Also, more care about the issue now than 18 years ago (50 per cent compared to 33 per cent).
THE CANADIAN PRESS

Rob Ford. Mayor attracts mob following at game

Mayor Rob Ford drew a crowd, both friendly and derisive, as he took in part of Sunday's NFL game between the Buffalo Bills and Atlanta Falcons at the Rogers Centre.

What started as fans gawking or wanting a picture of the beleaguered Toronto mayor during the first quarter turned into a somewhat unmanageable mob scene under the stands during halftime. Eventually police led him away to an elevator to get him away from the crush. Through it all, Ford smiled as if it was business as usual. Perhaps it was, given his recent run.

Ford stationed himself with his back to a pillar outside Section 133 and posed for pictures during halftime, flanked by his security minder and a pair of police officers. Soon the crowd swelled with fans holding their cameras in the air, trying to get a snapshot or bodying their way to get closer so they could pose next to the smiling mayor.

"Rob Ford, Rob Ford," some started chanting, with others adding "Sucks" to the chant.
THE CANADIAN PRESS

NHL. Kesler helps Canucks earn victory in Carolina

Ryan Kesler scored two goals to lead the Vancouver Canucks to a 3-2 win over the Carolina Hurricanes on Sunday.

Tom Sestito also scored for the Canucks and Jason Garrison had two assists. Backup goalie Eddie Lack made 29 saves to help Vancouver pick up its third win in its past 11 games.

Kesler's second goal capped a stretch where the teams combined to score three goals in 37 seconds.
THE ASSOCIATED PRESS

Ryan Kesler corrals a loose puck on Sunday in Raleigh, N.C.
THE ASSOCIATED PRESS

4 SPORTS

Tempers building in Jurassic Park

NBA. Raptors finish homestand with drubbing at hands of Nuggets; fall to 6-10

The Raptors' DeMar DeRozan is fouled by the Nuggets' Jordan Hamilton on Sunday at the Air Canada Centre. CHRIS YOUNG/THE CANADIAN PRESS

On Sunday

Nuggets	Raptors
112	98

At the end of the third quarter he rifled a ball into the stands, during a pair of free throws late in the fourth quarter, he stood alone near midcourt, angry, frustrated, down.

At the end of game he was as hot as he's ever been in his years as a Raptor, walking menacingly toward the Denver bench ("Just a little misunderstanding," he'd say) before being ushered to midcourt by Nuggets coach Brian Shaw and then off the court by the Raptors' chief of security.

Things are not good for DeMar DeRozan, nor — for his teammates — and there is a sense an explosion is in the offing if things don't improve rapidly.

DeRozan and his team finished a season-long four-game homestand with a 112-98 drubbing administered by the Denver Nuggets before a tiny Air Canada Centre audience announced at 16,290 on Sunday afternoon.

The Raptors had done what they've done far too many times in this young NBA season, played as poorly as possible at the most inopportune moments, allowing the Nuggets to score 36 fourth-quarter points and pull away for a ridiculously easy win.

DeRozan, who along with Amir Johnson is the team's longest-serving player and this year by far its best performer, is fed up.

You see it in body language. You hear in the spoken word. It was on display for all to see as Toronto fell to 6-10 on the year and 1-3 on this homestand.

"I'm frustrated … I hate it, I hate it with a passion and we just have to figure it out, turn it around on the road," he said.

It will be easier said than done, of course. The Raptors haven't played a full 48-minute game in more than a week and there seems to be little indication a quick turnaround will be possible.

The Raptors' bench was awful in the game as it was outscored 72-16 by Denver's backups. TORSTAR NEWS SERVICE

Red Wings roll over Sens

Alfredsson receives hero's welcome

It was almost like Daniel Alfredsson never left.

Alfredsson was greeted with a standing ovation prior to the game, then scored a goal and added an assist in the Detroit Red Wings' 4-2 win in the former Senators captain's return to Ottawa on Sunday. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Sunday's results
Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)
Saturday's results
NY Rangers 5 Vancouver 2
Boston 3 Columbus 1
Pittsburgh 5 Florida 1
New Jersey 1 Buffalo 0 (OT)
Montreal 4 Toronto 2
Washington 3 NY Islanders 2 (OT)
Philadelphia 3 Nashville 2 (SO)
Chicago 5 Phoenix 2
Colorado 3 Minnesota 2 (SO)
Calgary 2 Los Angeles 1
San Jose 4 Anaheim 3 (SO)
Monday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
New Jersey at Montreal, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
St. Louis at Los Angeles, 10:30 p.m.
Tuesday's games
San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, StL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
H. Sedin, Van	7	20	27
Marleau, SJ	12	14	26
Karlsson, Ott	7	19	26
Ryan, Ott	13	12	25
Backes, StL	12	13	25
Little, Win	12	13	25
Toews, Chi	12	13	25
D. Sedin, Van	10	15	25
Pavelski, SJ	9	16	25
Backstrom, Wash	6	19	25

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 1/2
d-Toronto	6	10	.375	9 1/2
Washington	8	9	.471	8
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 1/2
Detroit	7	10	.412	9
Orlando	6	10	.375	9 1/2
Boston	7	12	.368	10
Philadelphia	6	12	.333	10 1/2
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 1/2
Milwaukee	3	13	.188	12 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	14	3	.824	—
d-Portland	13	3	.813	1/2
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	2 1/2
Houston	13	5	.722	1 1/2
Denver	10	6	.625	3 1/2
Dallas	10	8	.556	4 1/2
Golden State	10	8	.556	4 1/2
L.A. Lakers	9	8	.529	5
Phoenix	9	8	.529	5
New Orleans	8	8	.500	5 1/2
Memphis	8	8	.500	5 1/2
Minnesota	9	10	.474	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11 1/2

d–division leader
Sunday's results
Denver 112 Toronto 98
Indiana 105 L.A. Clippers 100
Detroit 115 Philadelphia 100
Miami 99 Charlotte 98
Golden State 115 Sacramento 113
Oklahoma City 113 Minnesota 103
New Orleans 103 New York 99
Portland at L.A. Lakers
Saturday's results
Washington 108 Atlanta 101
Cleveland 97 Chicago 93
Brooklyn 97 Memphis 88
Minnesota 112 Dallas 106
Houston 112 San Antonio 106
Milwaukee 92 Boston 85
Utah 112 Phoenix 104
Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
New Orleans at Chicago, 8 p.m.
Atlanta at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Indiana at Portland, 10 p.m.

Monday, December 2, 2013

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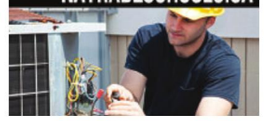

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metro

Horoscopes

♈ Aries
March 21 - April 20
There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

♉ Taurus
April 21 - May 21
It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

♊ Gemini
May 22 - June 21
Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

♋ Cancer
June 22 - July 23
It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

♌ Leo
July 24 - Aug. 23
What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

♍ Virgo
Aug. 24 - Sept. 23
Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

♎ Libra
Sept. 24 - Oct. 23
The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

♏ Scorpio
Oct. 24 - Nov. 22
You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

♐ Sagittarius
Nov. 23 - Dec. 21
If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

♑ Capricorn
Dec. 22 - Jan. 20
Generally you take people as you find them and don't care where they are coming from or where they are going to.

♒ Aquarius
Jan. 21 - Feb. 19
Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

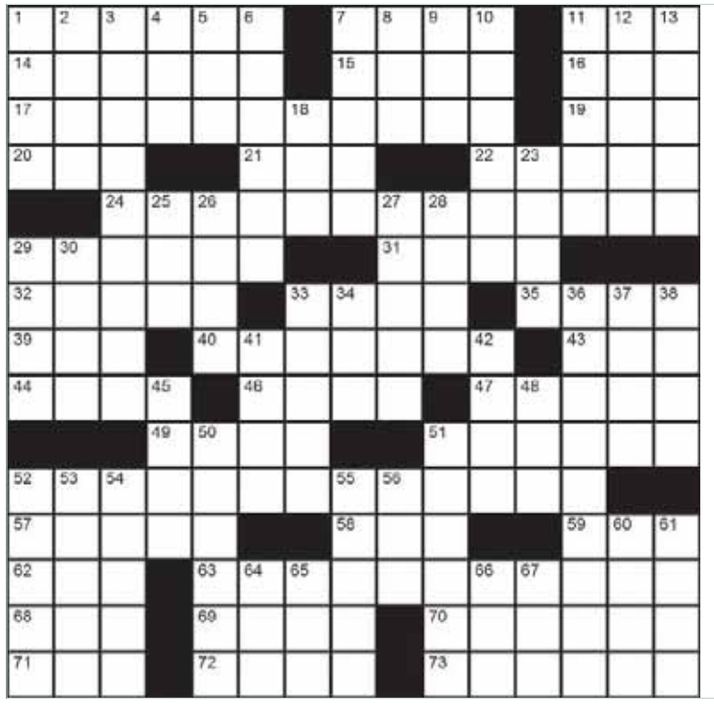
♓ Pisces
Feb. 20 - March 20
You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. HS class: 2 wds.
7. Tim Hortons CEO Mr. Caira
11. Bitter __
14. In a forthright way
15. Puccini aria: "_ __ Babbino Caro"
16. Male sheep, in Brit.
17. Auction House in Toronto since 1850
19. Caesar's 61
20. Caesar's 551
21. 'Social' suffix
22. 2003 to 2007 series, "__ _ _"
24. Auction attendees, often: 2 wds.
29. Big leagues in baseball
31. Much: 2 wds.
32. Prefix to 'clast' (Image breaker)
33. Sony co-founder, __ Morita
35. Remain unsettled
39. Tarzan creator's monogram
40. Waterloo, ON: __ Laurier University
43. Agnus __ (Mass prayer)
44. Wall St. landmark, commonly
46. Breath mints, tic __
47. Canadian actress Kelly
49. Sonny & __
51. Wine-tasting need
52. Lady Gaga to her fans: 2 wds.
57. 1996 film for Madonna
58. Grind __ _ halt
59. The: German
62. Winnipeg-born actor Mr. Cariou
63. Saskatchewan __ Building, in Regina
68. Energy unit
69. Scottish hats
70. Don't target correctly
71. Aliens, commonly
72. "Quiet..."
73. __ Creek, Ontario

Down
1. "__ you do that?"
2. Ring stone
3. 'Journalist' and 'TV Host', for example: 2 wds.
4. Halt
5. Yalie
6. Fault-finders
7. Traveller's lodging
8. 'I love', in Latin
9. __ Tin Tin
10. Membership store
11. National Chief of the Assembly of First Nations, Shawn __
12. Egyptian city
13. Sagas
18. Ronny & The Daytonas hit
23. Web address starter
25. Director Mr. Howard
26. Think, archaically
27. Animal dens
28. Time Machine people
29. Demeanor
30. "_ __ in the Dark" (1988)
33. __ clock
34. Fast food chain, commonly
36. __ Era (English history period of 1901 to 1910)
37. Shipshape
38. Have supper
41. Roman road
42. "Shoot!"
45. Genuine
48. Grand __ Opry
50. Well-being department, __ Canada
51. Sacred songs
52. Battle royal
53. Blatant
54. Dainty bell sounds
55. Range in Quebec, __ Mountains
56. Headshakes
60. Songstress Ms. Sands
61. Saint-__ (Place in France where Vincent van Gogh painted)
64. Parisian water
65. Baseball execs
66. River island
67. Classy music gr. in Ontario

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4				8			
7			2	9		6	5	
5		9					4	
	5	1		2				
			1		3			
				7		1	3	
	9					4		2
	2	8		4	5			1
			8				6	

Friday's Sudoku

7	4	9	3	8	1	2	5	6
6	8	3	5	2	4	9	1	7
2	1	5	6	9	7	4	8	3
5	2	4	1	6	3	8	7	9
3	6	1	9	7	8	5	4	2
8	9	7	2	4	5	6	3	1
4	5	6	7	1	2	3	9	8
1	3	2	8	5	9	7	6	4
9	7	8	4	3	6	1	2	5

Today
4°/-2°
Variable
Tuesday
3°/2°
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PART 2 OF 3 IN A SERIES:
"A PERSONAL THANK YOU"

A PERSONAL THANK YOU FROM A GRATEFUL FAMILY

We see tragedies every day. When we do we say, "Thank God it happened to them and not us."

But how does it feel when it does happen to you? My name is John Gignac and this is my family's story.

In early December 2008 my niece Laurie Hawkins, her husband Richard and their two children Jordan and Cassandra all died from accidental carbon monoxide poisoning in their home in Woodstock. A chimney vent attached to their gas fireplace was blocked. They did not have a carbon monoxide alarm.

For 34 years I was a firefighter. But I didn't know much about carbon monoxide. I felt guilty because I didn't warn Laurie and tell her to install a CO alarm in their home. In fact, back then I didn't have one myself.

When I asked my brother Ben, Laurie's Dad, what I could do to ease his suffering he simply said, "Make sure this never happens to another family."

So my new mission became warning people everywhere about the danger of carbon monoxide, where it comes from and its symptoms. And most importantly, advising how to protect your family from it by installing a CO alarm.

For the past five years I have worked hard to keep my promise to Ben and our family. And I have been proud to know Ernie Hardeman, the Oxford MPP who introduced "The Hawkins-Gignac Act." Yes he is a politician, but he is a very community minded person who, when he starts something, sticks with it until the end.

His vision to make CO alarms mandatory in Ontario homes of any age has now come to pass. His Private Members Bill has been voted into law. Which means the memory of Laurie, Richard, Cassandra and Jordan will be honoured in the best possible way – by helping protect the lives of others.

On behalf of our entire family, thank you Mr. Hardeman (and assistant Tara Barry) for your continued support of our family and pursuit of this law. Thank you too to our Foundation volunteers who gave their time and hearts to our cause.

We are forever grateful for the love you have shown our family. Learn more about our Foundation at endthesilence.ca

John Gignac

HAWKINS-GIGNAC
FOUNDATION FOR CO EDUCATION
FONDATION DE L'EDUCATION AU CO

ONTARIO'S NEW CARBON MONOXIDE LAW

FIVE YEARS IN THE MAKING

He may be playfully referred to as "Uncle Ernie" in the Ontario Legislature, but Oxford MPP Ernie Hardeman (PC) displayed a commitment and tenacity rarely seen in politics as he finally got his Private Members Bill recently voted into law.

Bill 77 was named the "Hawkins-Gignac Act" in honour of the Woodstock family of four killed in one of Canada's worst-ever accidental carbon monoxide poisonings. The family, like many others in Ontario, did not have a carbon monoxide alarm.

While most people, including MPPs from all three parties, called a law mandating the installation of a CO alarm in any home where a family could be at risk of carbon monoxide exposure a "no brainer," actually making it happen was anything but easy. The bill had to be reintroduced three times after the minority Liberals prorogued the Legislature.

But Ernie Hardeman was not to be deterred. He consulted with fellow MPPs and policy experts as well as members of the professional fire service and housing officials. He garnered support from CO technology experts and safety product company Kidde Canada, Parachute (formerly SafeKids Canada) and the Insurance Bureau of Canada. Seeing his "Hawkins-Gignac Act" passed into law was five long years in the making, but Hardeman knows it was all worth it, because it is going to save lives. It starts with the installation of a carbon monoxide alarm.

PROTECT YOUR FAMILY NOW FROM THE "SILENT KILLER"

Carbon monoxide is called the "Silent Killer" because it is colourless, odourless and tasteless. And it is deadly. The only way to know it is present in your home is with a CO alarm.

As a leading smoke and carbon monoxide alarm company, Kidde Canada supports numerous organizations committed to educating Canadians about fire and carbon monoxide dangers. Organizations such as the Canadian Association of Fire Chiefs, Parachute (formerly SafeKids Canada) and the Hawkins-Gignac Foundation for CO Education.

Carbon monoxide can come from a fuel-burning heating system or appliance, fireplace or vehicle – which is why it must always be vented from your home. If it isn't you may feel like you have the flu, without the fever. Misdiagnosed or undetected, it can kill.

How do you choose from among alarm models? Understanding differences can help your decision.

• Several CO alarms offer a "digital display." Only Kidde alarms offer a "continuous digital display." Other brands require you to push a button any time you want a reading.

• The lifespan of CO alarms is important and ranges from five to 10 years. Only Kidde has every one of its CO alarms rated for a 10-year lifespan.

• Consider your power source. CO alarms can be battery powered, plug-in or hardwired. Some models have a backup battery in case of power outage. Always make sure your CO (and smoke) alarms have battery backup. And, only Kidde has a line of "worry-free" alarms that contain sealed lithium batteries that last a full 10 years from activation. This means you never have to replace a battery for the entire working life of the alarm.

For more family safety tips visit safeathome.ca

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